



International Traveler Guide



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International Traveler Guide

Thank you for being part of a Maranatha Volunteers International project. We are excited to be sharing this service experience with you, and we hope it will be the beginning of many mission trips to come.

We understand that this may be your first international trip. Or perhaps you haven't traveled in a while and need a refresher course on some aspects of international travel. For anyone who is a bit anxious about international travel, this is a special guide to help make your experience as enjoyable and safe as possible.

Arranging Airfare

Booking Your Itinerary

Because volunteers join from around the world and some volunteers will come early or stay after a project or book with miles, we ask that each person be responsible for purchasing their own airfare. Then, you will need to turn in the itinerary, with confirmation code, to Maranatha or your group leader (for those who are part of a group team).

These days, there are many ways to purchase an airplane ticket.

- 1 **Comparison Websites:** Kayak.com is a good place to start because they pool prices and itineraries from many different airlines for easy comparison. Then the website forwards you directly to the airline for booking.
- 2 **Third Party Websites:** Travelocity, Expedia, Orbitz, Priceline, and Hotwire also pool prices and itineraries for easy comparison, but then you have to buy your ticket through their website. These companies often offer great deals, but if at any point you have to change your itinerary, you can only work with them and not with the airline; this can cause extra hassles and charges.
- 3 **Airlines:** Going directly to an airline website or contacting a ticket agent can result in good fares and connections.
- 4 **Travel Agent:** Knowledgeable agents can greatly reduce your stress by providing itineraries specified to your needs. This is particularly helpful



if you have a complicated ticket with several layovers or departing and returning to different airports. Maranatha recommends two travel agents that have provided great service to our volunteers.

- a. **Azumano Travel:** 800-888-7025, Erle at edpenha@ciazumano.com, www.ciazumano.com
- b. **Butler Travel:** 503-879-5005, Nathanael at Nathan@butlertravel.com, www.butlertravel.com

Changing an Itinerary

When booking with a travel agent, you typically have 24 hours to change any part of your ticket without additional charges. When you receive your itinerary, look carefully at all legs of your journey to ensure that connection times and airport codes are correct. If you're booking online, you'll want to carefully check your itinerary before you finalize the booking.

If you need to change your flight, typically there are additional charges, such as a change fee and any change of cost in the new flight pattern. If you booked through a travel agent, you'll need to contact the travel agent to make the change. If you booked online or over the phone with the airline, you'll most likely need to contact the airline directly to make the change. If you booked through a third party website, you will need to contact the website's customer service department to make the change.

Seating

During your booking process, you will be offered the chance to choose seats for each leg of your flight. Many people prefer window seats for the views or for a place to rest their head during naps. Others prefer the aisle for the ability to get out of their seat quickly and easily. There is also the possibility of stretching your legs by spilling into the aisle a little. The exit row provides more legroom, but be prepared for the flight attendant to ask if you can perform all the emergency evacuation procedures if necessary. Note that travelers 15 years old and younger cannot sit in emergency row seats.

Seat selection is all based on personal preference and availability. But if you have a tight connection, we recommend choosing a seat nearest the front exits so you will be one of the first to disembark upon arrival.



Meals

Nowadays most domestic flights do not offer free meals on board. Flights lasting more than an hour will usually provide a complimentary beverage service and sometimes a bag of pretzels or other snack. Meal boxes are often available, on board, for purchase with a credit card.

International flights longer than 4-5 hours will usually serve you a meal. If you need a special meal (i.e. vegetarian, vegan, gluten or lactose free, or kosher), you can request this in the booking process, either online or with your booking agent. Sometimes, if a limited number of special meals are on board, people who are served before you will request a meal that they didn't order ahead of time, and when the flight attendant gets to your seat, they may have run out of your special meal. One way to try and avoid this problem is to talk to a flight attendant as soon as you board. Let them know that you ordered a special meal and tell them your seat number.

Frequent Flyer Programs and Discounts

Most airlines offer a frequent flyer program where you can earn miles by flying with them and their partners. Star Alliance, Sky Team, and One World are three such sets of partners. If you enroll in an airline's free program, you can start earning miles with each flight. If you fly enough, you can earn rewards for free flights and receive special privileges like preboarding and extra baggage allowances. Many airlines also offer credit cards that give you miles and similar status privileges.

If you are flying with a group, you may be able to secure a cheaper fare by booking with the "group desk" at the airline. For some larger open team projects, Maranatha is able to arrange for a group discount code that you can use for cheaper fares. Check with your project packet, your group leader, or a volunteer projects specialist at Maranatha for more information.

Entrance Requirements

Each country has specific requirements that need to be followed in order to enter or exit the country.

It is a general requirement that each traveler will need a current passport valid for at least six months beyond the scheduled return date for your



trip. While some countries only require a passport, others also require a visa. Some countries allow you to purchase the visa upon arrival and others require that you apply for the visa ahead of time and send your passport to the embassy for processing. If you need to apply for a visa ahead of time, typical requirements can include a completed visa application, passport photos, your flight itinerary, proof of residence, and additional items like a yellow fever vaccination certification. Check your project packet or contact Maranatha or your group leader for more information.

Minor Travel

If you are flying as an unaccompanied minor, you can purchase an airline escort service. Some airlines require passengers 14 and under to use this service. This program provides airline representatives to escort you through the airport to your departure gate. In order to book this service, you will need the contact information of the person picking you up at your final destination. Please call Maranatha for this information.

Minors will also need to fill out a special form called the “Permission for a Minor to Travel Form.” In this form, the parents and/or legal guardians give permission for you to travel alone and for Maranatha to treat you in case of emergency. Two copies of this form must be signed and notarized. You will send one to Maranatha or your group leader, and you will keep the other copy with you as you travel. See the resources section of the Maranatha website to access this form.

The Travel Process

Luggage

Your luggage allowance will depend on the airline, the class of ticket you purchased, and your status with the airline or airline partners. Please check with your airline or travel agent for weight and number restrictions for your entire trip. For international trips you are usually allowed one bag weighing 50 pounds. Extra bags or bags over 50 pounds will most likely result in extra charges. At check-in, make sure they check your bags all the way to your final destination so you can take advantage of the international luggage allowances. Any fees you pay going, you will most likely have to pay on your return trip as well; so make sure you’re prepared for that charge.



Most airlines allow you one carry-on bag such as a small suitcase, duffel, or backpack, along with a personal item such as a purse or briefcase. Make sure your carry-on has your passport, important documents, cash, personal electronics, medications, and a day's worth of clothes and toiletries just in case your luggage does not arrive at your final destination. Spirit Airlines has started charging for carry-ons, so make sure you find out ahead of time if your airline is doing the same before you arrive at the airport.

Sometimes the airlines will try to persuade you to give up your carry-on by saying there is a problem with overhead space or weight on the plane. Please try to avoid giving up your bags at boarding. Sometimes these bags end up being left behind for another flight to take. Be especially cautious if you are bringing electronics, camera gear, or other valuables with you on the plane. One way to avoid this problem is to board as soon as your boarding group is called.

If your luggage does not arrive at your final destination, you will need to file a claim with the airlines for lost baggage before exiting the baggage claim area. You will need a local address to put on the paperwork. Please check with your project packet or group leader for this information. We recommend using Maranatha luggage tags to mark your bags with your contact information for easy identification. Luggage tags are available for purchase on Maranatha.org and two luggage tags are included in your open team participation fee.

Check-in

At the airport, you will head to the ticket counters to check in. Be sure to check your itinerary to ensure you're going to the airline that is **operating** your flight, which can sometimes be different from the airline you booked with. At the airline counter, the airline representative will want to see your itinerary confirmation and passport. Make sure they check your bags to your final destination and that they give you the luggage tag stubs, as you may need these at your final destination to claim your bags.

Some airlines have self-serve kiosks. Sometimes, these only work for domestic flights. If you are able to use them for international travel, you will either have to scan your passport or go to the counter to show your passport and check your bags to receive your luggage stubs.

After you receive your boarding passes, you can continue to security.



Security

Some items are not allowed in your carry-on luggage. First, be sure to check liquids and gels in your checked luggage, unless you are taking small amounts. Airport security checkpoints promote the idea of “**3-1-1**.” This means you can put **3** ounces of a liquid or gel into **1** container. You can put as many of these containers as you want into **1** one-quart zip-lock plastic baggie. Aerosol cans are not allowed. Fingernail clippers, knives, scissors, or any other sharp objects are permitted in your checked baggage but will be thrown away at the checkpoint if in your carry-on.

You will have to show your government ID (drivers license or passport) and boarding pass at the checkpoint. Then you’ll have to place your carry-on bag on the conveyor belt to be x-rayed. You’ll also need to take off your shoes, belt, coat or jackets, and watch and place all of these items (along with any coins or other items in your pockets) into bins to be x-rayed on the conveyor belt.

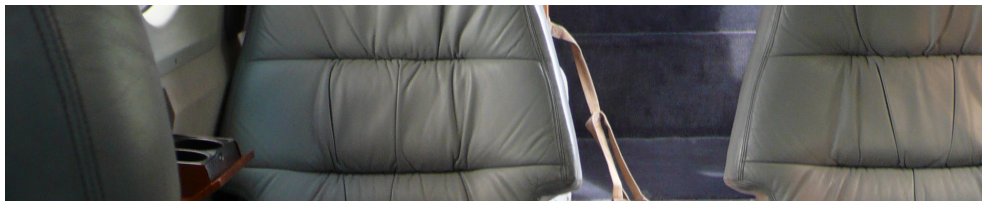
Next you’ll be screened in one of three ways:

A.) Metal detector: You will walk through an arch that will beep if you have any metal on you. If it does beep, they will make you back up and try again. If it beeps again, they will do a special screening where they pass a wand around you to check for the metal that set off the alarm.

B.) Air sniffer: We don’t actually know what this machine is called or what it does, but you will walk into a chamber and quick jets of air spray you from all sides. These are not very common any more, but some airports might still use them.

C.) Full body scanner: This machine scans your entire body to check for prohibited items. You will step into a clear chamber, turn sideways, and hold your hands over your head. The walls will spin around you for a second, and then you step out. If the screen shows up green, you’re good to go. If it shows up red, they may do an additional screening, but you’ll be on your way shortly.

After passing through one of these screenings, you’ll be allowed to collect your carry-on luggage and continue to your boarding gate. Make sure to put away your passport in a safe spot after passing through security.



During Travel

There are several things to be aware of when spending time in the airport.

- Don't leave your carry-on luggage unattended. If you are traveling alone, make sure you take your luggage into the bathroom with you. Most airport stalls are large enough to accommodate carry-on bags. Sometimes they have a shelf on which you can put your items.
- If you are traveling with electronics, you may need to charge your battery during your travel. Most airports now have charging stations throughout the gates or outlets between the chairs where you can plug in your devices. Be sure not to leave your devices unattended.
- Sometimes, especially with long layovers, your departure gate changes while you are waiting. Be sure to check your departure gate on the airport monitors approximately one hour before your flight to make sure you are still waiting at the right gate.
- Use smart phone apps to help you keep track of your itinerary. Apps like TripIt, Gate Guru, and FlightTrack can notify you of gate changes and delays as well as remind you when you can check-in for your flight.
- Full restaurants, fast food, and mini marts are available throughout most airports. If you choose to eat at a sit down restaurant, just be sure you have plenty of time before your departure. Remember that boarding usually takes place 30-45 minutes before your scheduled departure.
- During long flights it is wise to do some light exercises such as stretching or walking through the cabin. Lack of movement on long flights can increase your susceptibility for Deep Vein Thrombosis, a blood clot condition in the lower leg veins. Another way to help avoid this condition is to stay well hydrated by drinking water and avoiding caffeine.

Delayed and Missed Flights

If for some reason you miss your plane, you'll need to make some important adjustments.

If it's your fault (i.e. you arrived late to the airport), you're typically at the mercy of the airlines. You might lose the full value of your ticket and have to buy another one, right on the spot! Or the airline has the option to book you on another flight, but you may end up with additional expenses for hotels, taxis, meals, etc.



If it's the fault of the airline (i.e. mechanical problems or a delayed first leg), they should pay for the adjustments such as hotel, taxi, and food vouchers. If the airline doesn't offer these services to you, ask for it.

If it's no one's fault (i.e. bad weather), then there is usually some sort of negotiation process. The airline is required to rebook you on another flight but they may or may not pay for adjustments such as hotel or food vouchers. Ask them for as much as support as you can.

If you have a delay or cancellation that changes your flight number for your arrival at your final destination, please call the Maranatha office or after hours emergency number as soon as possible to update us with your flight number and arrival time.

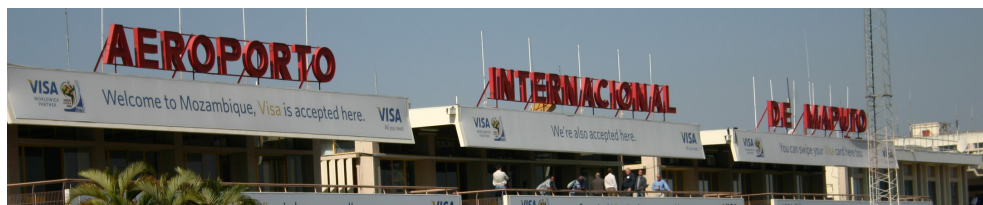
Customs and Immigration

Outbound Flight – Heading to your destination

On the airplane, or right as you disembark at the first airport in your destination country, you will receive entrance forms that will need to be filled out for processing. These forms will ask for your name (use the name on your passport), passport number, flight number, and address and phone number for where you will be staying in your destination country. Be sure to consult your project packet or your group leader for this address prior to departure.

Sometimes you will need to pay an entrance tax in order to enter the country. If this is the case, just follow the signs to the kiosks where you'll pay the fee and receive some sort of proof or receipt of payment.

Then you will follow the signs to Immigration. You will need to present your entrance forms and passport. They may ask you a couple questions regarding your travel. Make sure you say that you are a tourist. If you say you are coming to "work" on a Maranatha trip, it can cause confusion; they may believe you need a work or business visa for your travel in the country. At immigration, they may stamp your passport or give you a slip of paper. If they give you any papers or forms, make sure you keep them with your passport for the duration of your trip, as you might need to show them upon your departure.



After passing through immigration, head to the baggage claim, gather your bags, and head to customs. In this process they may put your bags through an x-ray, do a random bag check, or manually search your luggage. Don't worry about this process; they are primarily looking for fruits, vegetables, animals, and drugs. After passing through customs, you will either continue on with a domestic flight, or you can proceed to the arrivals area of the airport to meet with the rest of the Maranatha group. Look for people wearing Maranatha t-shirts or holding signs with the Maranatha logo. In many other countries, airport employees or porters might eagerly take your bags and load them on a cart to help you. If you allow this, you probably need to tip them about \$1 per bag.

Inbound Flight – Returning Home

On your return flight you will complete a similar process. Some countries require you to complete an immigration process upon arrival and departure. If this is the case, after you check-in at the airport, you'll receive a disembarkation form very similar to the immigration form you filled out when you first arrived. You will fill this out and go through a checkpoint before going through security and proceeding to your gate. If you received any slips of paper from immigration when you arrived in the country, this is where you might be required to show those papers again before you leave. In the first port of entry into the United States, you will need to go through immigration and customs again. If you fly directly to another country without a stop in the U.S., you will go through a similar process there. On the plane, you will receive an immigration and customs form that will ask for your name (use the name on your passport), passport number, flight number, home address, the countries that you visited, and any souvenirs or items you may be bringing back with you.

After exiting the plane you will follow the signs to immigration and border control, where you will present your form to the agent. The agent will scan your passport, check the form, and stamp it. In some airports, they may ask you to first go to a kiosk where you will scan your passport. The kiosk will take a photo of you and print an information page that you will also need to present to the agent. If they ask what you were doing abroad, make sure you say that you were tourists during your travel or doing short term mission work.



After passing through immigration, you will go to the baggage claim to collect your checked baggage. Even if you are connecting to a domestic flight, you will need to collect your bags. You will then pass through customs and present your stamped form to an agent, who will either wave you through or ask you to go into a side room for additional screening. If this happens, don't worry. They will x-ray your bag, and you'll probably be on your way in no time.

After you pass through customs there will usually be a conveyor belt with airline workers who will take your checked bags and get them to your connecting flight. If there is not a conveyor belt system, just exit the customs area and head to the check-in counter for your airline and give them your checked bag. Then you will proceed to the security checkpoint and then head to your departure gate for your flight.

Travel Safety

Maranatha takes your safety seriously, and we do everything possible to minimize risks wherever we are working. We constantly monitor safety reports for the areas where we are working and consciously avoid high-risk regions. However, it is important for you to take responsibility for your own personal safety while traveling. Here are some ways you can start.

Security Updates

Receiving updates prior to your project can provide you with a big-picture view of your travel.

- **STEP:** Register your travel with the U.S. Department of State by enrolling with the Smart Traveler Enrollment Program. The U.S. government will then contact you in case of an emergency, natural disaster, or civil unrest. They can also be a point of contact for family emergencies.
- **AIG Insurance:** All Maranatha volunteers are covered with a primary accident insurance policy through AIG. This insurance includes access to Travel Guard security alerts and country reports based on the country of your choosing. For login info, please contact Maranatha.
- **Travel Agents:** Some travel agents, including Azumano Travel, allow you to sign up for security alerts that correspond with your itinerary.
- **U.S. Department of State:** Check their website for travel warnings and alerts before traveling.



Safe Behavior

A lot of security dangers can be avoided by taking into account how we conduct ourselves during travel.

- Conduct yourself with confidence and strength. Don't act vulnerable.
- Avoid traveling at night or alone.
- Avoid trouble rather than confronting it.
- Dress conservatively and keep a low profile. A "flashy" wardrobe or attitude can attract unwanted attention and make you a target.
- Avoid marginal areas of cities, alleyways, and crowds of people.
- Use caution and keep moving if you are approached on the street by strangers, including vendors.
- Don't mention the hotel you are staying at within earshot of strangers, and beware of sharing too much personal information with friendly strangers.
- Don't display your hotel key or leave it anywhere public, including restaurant tables.
- Leave valuables, both expensive and sentimental, at home.
- Don't leave your personal belongings unattended, especially in open sight. Keep an eye on your wallet and any personal electronics.
- Consider using a money belt or concealed pouch for passports, credit cards, and cash. Keep your purse or bag in front of you, held with a tight grip.
- Don't keep all your money in the same place. Consider spreading it out between a zippered pocket in your luggage, a wallet, and an inner backpack pocket for example.
- If you are taking a computer or other electronic device, delete any files containing personal data or passwords and make sure you do a complete back up of your files to leave at home.
- Carry photocopies of the photo page of your passport in case of emergencies.
- Call taxis instead of waving them down on the street, lock the door, and request that they do not pick up additional fares while you are in the car.



Health and Wellness

Vaccinations and Medications

The only vaccine required by Maranatha is a current tetanus vaccine. In addition, the Centers for Disease Control and Prevention (CDC) may recommend other vaccinations. Common recommendations include hepatitis A, typhoid, and an antimalarial medication. More information is available at www.cdc.gov. Some countries require specific vaccinations prior to entry. Maranatha recommends that you schedule a consultation with a travel clinic doctor, prior to travel, to talk about medical precautions for your trip. Two common travel clinic companies are Travel Clinics of America and Passport Health. You can schedule your visit online. You can also schedule a visit at the County Health Department, which is often less expensive, but sometimes has limited service hours.

Mosquitoes and Insects

Mosquitoes and other flying insects can also carry a variety of diseases including malaria, dengue, chikungunya, and encephalitis. Personal precautions are strongly recommended to lower the risk of being bitten. Bring a bug repellent with a 30%-50% concentration of DEET. Wear long sleeves, long pants, and closed-toe footwear when possible. Avoid areas of standing water and do not spend a lot of time outside during dusk and dawn. Sleep with a mosquito net if necessary.

Food and Water

Since food safety standards vary greatly from country to country, we recommend that you exercise caution with the food and water you consume while abroad. The food that the Maranatha group provides will be prepared in a safe manner. If you choose to purchase your own food during the project, buy commercially packaged food or steaming hot foods from restaurants. Food from street stands can cause you to get sick. Avoid uncooked food or pre-cut fruits and vegetables. Stick with fruits and vegetables that you can wash and peel before eating.



It is important that you stay hydrated during your travel. However, water can be unsafe to consume in other countries. We recommend that you drink only purified or bottled water. Do not drink unpurified or tap water and avoid using it to brush your teeth or even wash fruits and vegetables. In remote areas some restaurants use tap water to make the ice cubes, so avoid drinks with ice cubes unless you are at a restaurant that is frequented by tourists.

Preventative Health

In general, preventative measures are the best way to avoid becoming ill during your international travel. Be sure to wash your hands regularly, get plenty of sleep, follow the food and water suggestions, wear sunscreen and mosquito repellent, and stay hydrated.

AIG Travel Insurance

Maranatha mission projects are construction projects where people can get hurt. It is not possible for Maranatha to analyze everyone's insurance policy to see whether his or her insurance is current and the coverage is in effect at the location of the project. The Maranatha Board of Directors decided that the safest route was to require everyone to purchase the insurance coverage through Maranatha's carrier.

- All volunteers will be covered by this insurance policy from the time they depart for the project until they return home. For volunteers who have extended travel by arriving before or staying after a project, the insurance would start and end on the Maranatha project dates based on the project registration.
- The policy that volunteers are covered on depend on location of project and home residency of the volunteer. Both policies are primary policies that do not have a deductible. As with all insurances, some exclusions apply.
- Both policies also include Travel Guard's Travel Assistance Services (Travel Security Reports, Lost Baggage/Passport Services, Insurance Coordination, Legal Assistance, and Emergency Cash, etc.). Confirmed volunteers will receive a policy number to create an online account to access security reports, travel tips and alerts, etc. After creating an account, download the "AIG Travel Assistance" app for iOS and Android.



Insurance for International Projects

For volunteers participating on projects outside their home country, Maranatha carries the following medical, accident and travel policy. Maranatha does not carry or maintain workers compensation or disability insurance coverage.

List of Benefits:

Medical/Dental Expenses (includes sickness)

Trip Cancellation

Trip Delay

Return Air Fare

Lost Baggage Personal Effects Replacement

Security Evacuation

Emergency Medical Evacuation

Accidental Death or Dismemberment

Repatriation of Remains

Maximum Coverages:

\$100,000

\$1,000

\$500 per day, \$5,000 max

\$1,000

\$2,000; \$500 per item max

\$100,000

\$1,000,000

\$75,000

\$1,000,000

For domestic insurance coverages or for more information about insurance visit maranatha.org/insurance.

International Considerations

Money

You may have to exchange money upon arrival at your final destination. Exchanges can usually be made at airport booths or at local banks. ATMs are often available in the airport or in popular tourist destinations, but in small towns they can be limited and unreliable. Any cash you bring should be in new, unmarked bills.

While some establishments accept credit and debit cards, it might be easier to use cash. If you do use a credit or debit card, expect a 5% - 12% surcharge for international use. Be careful when using your credit card in public; never let it out of your immediate sight. It is wise to let your credit card company know in advance the dates you will be traveling so they don't block your card when you use it in a foreign country.



Electricity

Depending on the country, the standard current could be 110-120 or 220-240. The U.S. and Canada operate on 110 volt AC; so if the country uses 220, you will need to have a voltage converter so your small appliances don't burn out. Voltage converters can be found at most stores like Walmart or Target for \$10. Electricity could be intermittent and power surges are common. It is wise to use a surge protector when plugging in expensive electronics. Outlets can also differ from country to country, so make sure that you bring plug adapters if they are different from the outlets in your home country. Please note that adapters do not regulate power; you may need both a voltage converter and an adapter. Plug adapters can be found in sets or individually in many stores.

Communication

Cell phone service is usually available, but rural areas have limited service. Local cell phones can be purchased relatively cheaply, and then you can reload minutes to call locally and internationally for reasonable rates. You can also buy a SIM card for your unlocked device. If you choose to use your own phone service, check international rates and service areas since international roaming and data charges can be very expensive.

T-Mobile has recently started offering a Simple Choice Plan that includes unlimited data and texting in more than 120 countries around the world and international calls for just 20 cents a minute. If you need to be in contact with those at home or if you travel often, this may be something to consider.

To call internationally from the U.S., enter the international access code (011) plus the country code plus the local number.

To call the U.S. from an international location, enter the U.S. country code (001) plus the local area code and phone number. For example, to call the Maranatha office you would dial: +1 (916) 774-7700.

You can also communicate with loved ones at home through free smart phone and computer apps such as WhatsApp, Viber, FaceTime, and Skype. Wi-Fi can be found at hotels and restaurants throughout the world, and internet cafes are also popular.



Restrooms

Public restrooms can be few and far between when traveling internationally, so you should take breaks at your hotel or restaurants. Western-style flush toilets are the norm in most places. Not all bathrooms stock toilet paper, so it is recommended that you carry tissues or a small roll of toilet paper with you during the day. Also note that toilet paper usually goes in the wastebasket, not down the toilet. In foreign countries, there might also be a charge to use the restroom. Typically it is less than a dollar, but be prepared for this possibility.

Travel Checklist

- ☐ Have you read the Maranatha country packet and/or project information packet?
- ☐ Is your passport valid for at least six months from your return date?
- ☐ Have you applied for any necessary visas?
- ☐ Have you made note of the address of where you will be staying?
- ☐ Have you made note of emergency contact numbers both at home and abroad?
- ☐ Have you made copies of your passport and placed them in your checked baggage?
- ☐ Have you informed your credit and debit card companies of your travel?
- ☐ Have you looked into travel insurance?
- ☐ Have you visited a travel clinic and received any necessary vaccinations?
- ☐ Have you created a back up of any electronic files and pictures from the devices you are traveling with?
- ☐ Have you purchased any plug adapters or voltage converters?



Sample Packing List

Packing lists change from project to project depending on the type of construction project, accommodations, and leadership requests. This is a fairly comprehensive sample list that can give you an idea of the things you might be asked to bring.

Construction Site Items

- ☐ Work pants
- ☐ T-shirts and/or long-sleeved cotton shirts for work
- ☐ Strong but flexible construction gloves.
- ☐ Hard Hat (REQUIRED)
- ☐ Handkerchief or bandana for neck protection
- ☐ Sunglasses or safety glasses
- ☐ Good, closed-toed, working shoes

Items to Remember

- ☐ Maranatha T-shirt
- ☐ Good disposition and a flexible attitude
- ☐ Passport
- ☐ Photocopies of your passport in checked baggage
- ☐ Copy of your airline ticket or itinerary
- ☐ Parental Consent Form (for those under 18)
- ☐ Entrance visa or money for entrance tax
- ☐ Copy of final packet with project addresses
- ☐ Personal prescribed medication (in carry-on) as well as items like Tylenol, Band-Aids, Dramamine, Pepto Bismol etc.
- ☐ Shoes and socks
- ☐ Underclothes
- ☐ Slacks
- ☐ Casual shirts
- ☐ MEN- Dress shirt and tie for Sabbath
- ☐ WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- ☐ Hat for sun protection
- ☐ Sleepwear
- ☐ Shorts
- ☐ Modest swimming suit
- ☐ Light jacket



- ☐ Flip-flops or sandals
- ☐ Personal toiletries
- ☐ Hand sanitizer or wet wipes
- ☐ Insect repellent (30% DEET or higher)
- ☐ Sunblock (SPF 30+)
- ☐ Chapstick (with sunblock)
- ☐ Water bottle (large opening recommended)
- ☐ Bible
- ☐ Camera, batteries, and memory cards
- ☐ Flashlight with extra batteries
- ☐ Small pillow
- ☐ Towel and washcloth
- ☐ Bedding: Sheet and blanket or sleeping bag
- ☐ Bedding: Air mattress, foam pad, cot
- ☐ Plate, cup, bowl, and silverware
- ☐ Cash for meals in airports, souvenirs, or special projects

Optional Items

- ☐ Lightweight daypack or similar bag
- ☐ Journal and pens
- ☐ 220-volt converter
- ☐ Plug adapters
- ☐ Local language-English dictionary or translator
- ☐ Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for preventing dehydration)
- ☐ Earplugs
- ☐ Small alarm clock
- ☐ Mirror
- ☐ Snacks
- ☐ Rope for personal clothesline
- ☐ Mosquito net and a rope to hang it
- ☐ Toilet paper or tissues
- ☐ Battery-operated personal fan
- ☐ Small instrument you play
- ☐ Tent
- ☐ Rain poncho



Optional Outreach Items

- ☐ Crayola crayons and markers
- ☐ Chalk
- ☐ Glue sticks
- ☐ Pens, pencils, erasers
- ☐ Colored paper
- ☐ Scissors
- ☐ Pipe cleaners
- ☐ Backpacks or daypacks
- ☐ Toys (jump ropes, bouncy balls, tops, marbles, soccer balls-with pumps)
- ☐ Hair clips and scrunchies
- ☐ Stickers
- ☐ Balloons
- ☐ Bubbles
- ☐ Stuffed animals
- ☐ Flutes, recorders, and other musical instruments
- ☐ New or gently used clothing
- ☐ New children's shoes (take off tags)
- ☐ Books and pamphlets-available at the Adventist Book Center
- ☐ Bibles in local language
- ☐ Hymnals in local language
- ☐ Steps to Christ or Great Controversy
- ☐ Money for buying outreach materials in the local language
- ☐ Teaching aids for Sabbath School and Bible studies
- ☐ Felt sets

Optional Medical Team Items

- ☐ Children's vitamins (not gummy variety)
- ☐ Women's or prenatal vitamins
- ☐ Small soap bars
- ☐ Small hand sanitizer bottles
- ☐ Toothbrushes (adult and child)
- ☐ Toothpastes
- ☐ Small hand towels and/or wash clothes
- ☐ Reading glasses of different strengths
- ☐ Zip style sandwich bags snack size
- ☐ Non-latex gloves (M or L)
- ☐ Electronic thermometers with covers



Tools - Project Specific

- ☐ Measuring tape (25 foot')
- ☐ Torpedo Level (9"-1')
- ☐ Permanent markers (sharpie fine point)
- ☐ Nail apron
- ☐ 10" to 12" block trowel (pie-shaped)
- ☐ Masonry line and line blocks
- ☐ Rubber dish gloves
- ☐ Block hammer
- ☐ Marking pencils
- ☐ 2" paintbrush
- ☐ Trim brush or edge cutter
- ☐ Paint Roller
- ☐ Paint Pan

Kitchen Requests

- ☐ Potato peelers
- ☐ Veggie food (Vege-burger, Fri-Chik, hot dogs, etc)
- ☐ Peanut butter
- ☐ Dishtowels

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